

**National  
DIABETES  
AWARENESS MONTH**

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Diabetes occurs when the body doesn't make enough, or any insulin or doesn't use insulin well.

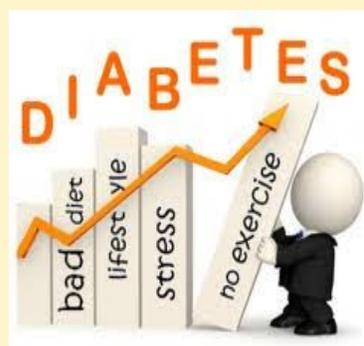
The most common types of diabetes are type 1, type 2, and gestational diabetes. With type 1 diabetes, the body does not make insulin. The immune system attacks and destroys the cells in the pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. Type 2 is the most common type of diabetes. With type 2 diabetes, the body does not make or use insulin well. It can develop at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life.

Diabetes can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, getting more physical activity, and losing weight.

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes. Here are just a few ideas:

- Encourage people to make small changes, like taking the stairs instead of the elevator.
- Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

Source: U.S. Department of Health and Human Services



## 6 TIPS FOR DIABETES PREVENTION

1. KNOW YOUR RISKS.
2. MANAGE YOUR WEIGHT.
3. GET MORE EXERCISE.
4. CHOOSE WHOLE GRAINS.
5. MONITOR CARBOHYDRATE INTAKE.
6. STICK TO A HEALTHY DIET.



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# COPD & Lung Cancer Awareness Month

AMERICAN LUNG ASSOCIATION  
Fighting for Air



WOMEN SMOKERS IN CERTAIN AGE GROUPS ARE MORE THAN **38 TIMES** AS LIKELY TO DEVELOP COPD, COMPARED WITH WOMEN WHO HAVE NEVER SMOKED.



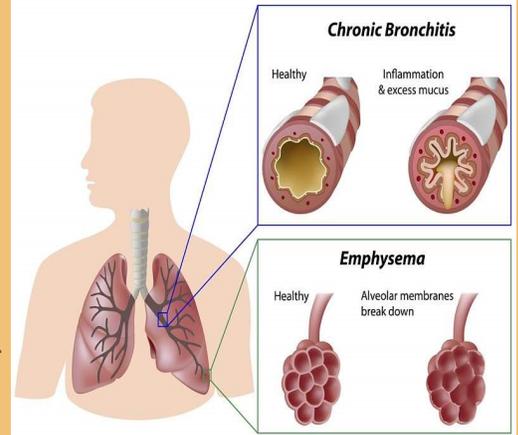
**Chronic obstructive pulmonary disease (COPD)**, which includes chronic bronchitis and emphysema, is a chronic lung disease that makes it hard to breathe. The disease is increasingly common, affecting millions of Americans, and is the third leading cause of death in the U.S. More than 11 million people in the U.S. suffer from COPD. It causes serious long-term disability and early death.

COPD damages the airways in your lungs and leads to shortness of breath, impacting your work, exercise, sleep and other everyday activities. The main cause of COPD is smoking, but nonsmokers can get COPD too. Many people don't recognize the symptoms of COPD until later stages of the disease. Sometimes people think they are short of breath or less able to go about their normal activities because they are "just getting older."

Shortness of breath can be an important symptom of lung disease, along with chronic cough, shortness of breath while doing everyday activities, frequent respiratory infections, blueness of lips or fingernail beds, fatigue, producing a lot of phlegm, and wheezing. If you experience any of these symptoms, or think you might be at risk for COPD, it is important to discuss this with your doctor. Early detection of chronic obstructive pulmonary disease (COPD) is key to successful treatment. The good news is COPD is often preventable and treatable.

Source: American Lung Association

Chronic Obstructive Pulmonary Disease (COPD)



**This general information is not intended to diagnose any medical condition or to replace your healthcare professional.**

**Lung cancer** is the most common cancer in men and women in the United States. Lung cancer is a complex disease to understand and treat. Lung cancer happens when cells in the lung change (mutate). They grow uncontrollably and cluster together to form a tumor, destroying the healthy lung tissue around them. These types of tumors are called malignant tumors. When the cancer cells spread, they prevent organs of the body from functioning properly.

Smoking is the number one cause of lung cancer. It causes about 90 percent of lung cancer cases. Tobacco smoke contains many chemicals that are known to cause lung cancer. If you still smoke, quitting smoking is the single best thing you can do for your lung health. If you are a former smoker, your risk is decreased, but has not gone away completely—you can still get lung cancer. Nonsmokers also can be affected by smoking. Breathing in secondhand smoke puts you at risk for lung cancer or other illnesses. Radon exposure is the second-leading cause of lung cancer. Radon is a colorless, odorless radioactive gas that exists naturally in soil. One out of every 15 homes in the U.S. is subject to radon exposure. Exposure to radon combined with cigarette smoking seriously increases your lung cancer risk.

Lung cancer symptoms usually do not appear until the cancer has spread to other parts of the body. At this point, it is harder to treat lung cancer. When symptoms are present, they are different in each person, but may include a cough that doesn't go away and gets worse over time, hoarseness, constant chest pain, shortness of breath or wheezing, frequent lung infections such as bronchitis or pneumonia, and coughing up blood. If you think you are at risk for lung cancer, talk to your doctor about being screened. Some people, unfortunately, go misdiagnosed for a long time because their symptoms are similar to other diagnoses such as pneumonia, allergies or a cold. If you feel that something is wrong, be persistent with your doctor. You know your body best and being persistent could save your life.

Source: American Lung Association



## AFRICAN-AMERICAN MEN AND LUNG CANCER

PROTECT YOUR FAMILY AND YOURSELF!

AFRICAN-AMERICAN MEN have the HIGHEST RATES OF LUNG CANCER in the U.S.

LUNG CANCERS are mostly caused by SMOKING.

When you smoke around your family, EVERYONE SMOKES!

The smoke from your cigarettes, called secondhand smoke, can cause lung cancer and other health problems in PEOPLE WHO HAVE NEVER SMOKED, EVEN KIDS.

There's NO SAFE WAY to smoke.

Menthol cigarettes are JUST AS DANGEROUS as non-menthol cigarettes.

IT'S NEVER TOO LATE TO QUIT.

YOUR RISK FOR LUNG CANCER GOES DOWN WHEN YOU QUIT, no matter how old you are or how long you have smoked.

Quitting can be hard, and you may need help. For free help quitting, visit [SMOKEREE.COM](http://SMOKEREE.COM), call 1-(800)-QUIT-NOW, or text the word QUIT to 47848 from your mobile phone.



U.S. Department of Health and Human Services  
Center for Disease Control and Prevention



NATIONAL  
**FAMILY CAREGIVER MONTH**  
Caring for the Caregiver

As families get together for the holidays, everyone does plenty of catching up. This also is the time when families catch up with senior loved ones who are living with health challenges. November is National Family Caregivers Month, a great time to honor and support the 65 million Americans who provide care for elderly and disabled loved ones. This unpaid care has been valued in the billions of dollars. But these people, so vital to our nation's senior care system and committed to their loved one, often put their own physical, emotional and financial well-being at risk.



More than a third of caregivers are ages 50 to 64, about a quarter are ages 35 to 49, and another quarter are 18- to 34-year-olds. Most family caregivers must juggle their home lives with working a paid job and meeting the needs of the relatives or friends in their care. Caregiving ranges from assistance with daily activities and providing direct care to the care recipient to navigating complex health care and social services systems. The domains of the caregiving role include: assistance with household tasks, self-care tasks, and mobility; provision of emotional and social support; health and medical care; advocacy and care coordination; and surrogacy.



Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. It's important to acknowledge and accept what you're feeling, both good and bad. Don't beat yourself up over your doubts and misgivings. Having these feelings doesn't mean that you don't love your family member—they simply mean you're human. If you're distracted, burned out, or otherwise overwhelmed by the daily grind of caregiving, you'll likely find it difficult to connect with the person you're caring for. That's why it's vital that you don't forget about your own needs while you're looking after your loved one. Caregivers need care, too.



If you are a caregiver, it helps to know you're not alone. It's comforting to give and receive support from others who understand exactly what you're going through. Caregiving rewards or benefits include appreciation of life, personal growth, enhanced self-efficacy, competence or mastery, self-esteem, and closer relationships. You don't have to be a nursing expert, a superhero, or a saint in order to be a good family caregiver. With the right help and support, you can be an effective, loving caregiver without having to sacrifice yourself in the process. And that can make family caregiving a more rewarding experience—for both you and your loved one.

Source: AARP, Caring Right at Home, Help Guide

**November is  
National Healthy  
Skin Month!**

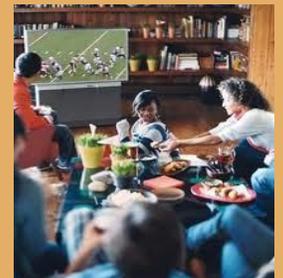
- Here are 5 steps to show your complexion some love.
- Wear sun protection.
  - Stop smoking.
  - Bathe gently and use moisturizer.
  - Eat nutritious foods.
  - Manage stress.



# Stay Fit and Healthy This Thanksgiving

Here's some food for thought. People probably consume 3,000 to 5,000 calories around the Thanksgiving table. While eating often takes center stage during the holidays, that doesn't mean we have to give up on good health. Check out these tips for a fit and healthy holiday, without sacrificing any flavor or fun.

1. **Get enough sleep:** Make sure you get about seven to nine hours of sleep the night before Thanksgiving. Not getting enough sleep could amp up appetite levels the next day.
2. **Get outside:** Are you an early riser? Go for a walk or run to enjoy some pre-festivities alone time, or grab your family member to catch up. For something a bit more competitive, round up a group of family or friends and hit the backyard or local park for some softball.
3. **Split up the chores:** Everyday activities like cleaning up the family room can burn more calories than you realize. Offer to do the dishes or sweep and mop the floor. It allows you to lend a hand and get you moving!
4. **Bust a move:** Have some family bonding through a dance party by gathering a group of people, turning up the tunes, and getting that blood flowing. It may help digest that stuffing too.
5. **Eat breakfast:** Skipping breakfast in order to save your appetite for dinner can lead to binging at the dinner table.
6. **Hydrate:** Drink enough water throughout the day to stay hydrated to avoid sparking hunger pains, which may actually be thirst.
7. **Use a smaller plate:** Research shows this will help you eat 22% less fewer calories.
8. **Skip the seconds:** Wait about 20 minutes before filling up the dinner plate again being that this is the amount of time it probably takes to feel full.
9. **Relax and enjoy:** An overdose of family and food can be stressful but it important to stay rested, calm, and in control. At the end of the day, Thanksgiving should be enjoyed with loved ones, with fun and laughter, and even a little football. Don't stress about cleaning up. Take a few deep breaths and relax.



## Maintain, Don't Gain This Holiday Season

This holiday season, the only thing that should be "stuffed" is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. Later in life, the extra weight may be a major contributor to obesity and the diseases associated with it. The holiday season is a minefield of overeating opportunities. Add the hectic festivities to your calendar, and exercise takes a backseat. Don't let this combination allow you to gain weight. This challenge is for anyone wanting encouragement and accountability through the season but still enjoy the food and fellowship.

Maintain,  
don't gain this  
holiday season.

**2018 Holiday Challenge**

November 12 - December 31  
[esmmweighless.com](http://esmmweighless.com)



## What's in Season?



Avocado, Bell Pepper, Carambola (star fruit), Cucumber, Eggplant, Grapefruit, Guava, Mushroom, Orange, Passion Fruit, Peanut, Radish, Snap Bean, Squash, Sweet Corn, Tangerine, Tomato, and Pumpkin.



# Thanksgiving Eats

## Jamaican Jerk Turkey

Prep Time: 72 hrs Cook Time: 2 Hours

Makes enough for a turkey up to 7kg or 16lbs.



### Ingredients

- 1 whole turkey, up to 7kgs or 16 pounds
- ¼ cup allspice berries or 1 ½ tsp ground allspice
- 1 tbsp chopped ginger and black peppercorns or 1 tsp ground black pepper
- 5 tsp fine sea salt (for a 6kg turkey, less if substituting with table salt)
- ½ tsp grated nutmeg and cinnamon
- 1 tsp brown sugar
- cornstarch (or other thickener) to thicken gravy
- ½ cup cooking oil (a plain oil like sunflower)
- 1 tbsp distilled cane vinegar
- 5 onions (approximately 400 grams)
- 8 stalks fresh thyme
- 9 cloves of garlic (approximately 40g)
- 2 whole Scotch Bonnet peppers / substitute with habaneros (with seeds)
- 4 cups chopped scallions/green onions

### How to Make

- METHOD FOR JERK SEASONING
- Set salt aside and do not combine with the seasoning.
- If using whole allspice berries and black peppercorns, dry roast them in a frying pan until the pan starts to smoke. Remove from heat, and grind the spices in a spice grinder. Combine with all other dry spices and set aside.
- In a blender, puree the onions, thyme, garlic, ginger, peppers and vinegar, and oil. Add the dry spices and pulse until incorporated.
- Add scallions and pulse several times to shred, careful to not blend them or they will render the seasoning bitter.
- Pour the mixture into a bowl and mix with a wooden spoon or silicone spatula to fully combine.
- METHOD TO ROAST TURKEY
- Defrost turkey in fridge 3 days before you intend to cook it. Hours before cooking time, remove from fridge.
- Clean the turkey and pat it dry, removing innards and any plastic ties for the legs. Keep the neck.
- Apply jerk seasoning liberally to your turkey. Make sure to get it into every nook and cranny of the cavities and inside the neck cavity and chest area. Season neck as well. Add any excess marinade to the grooves of the wings and legs and on top of the breast. Cover with aluminum foil and return to the refrigerator.
- Around 3-4 hours before cooking time, remove the turkey from fridge and add salt all over and inside the cavities. Replace cover and leave on top of kitchen counter to come to room temperature.
- Preheat oven to 450F. Grease roasting pan with oil. Tuck the wing tips under the turkey and truss the legs together. Tying the legs together is essential for even roasting.
- Place the turkey bottom-side-down in the center of the roasting pan. Place in the center of the oven and cook 30 minutes, then reduce oven temperature to 130C / 265F.
- After the turkey has been in the oven for one hour, turn around the roasting pan to compensate for any hot spots in the oven and to ensure even browning.
- Bake for 2- 2.5 hours or until the deepest part of the breast gives a reading of 70 C / 161 F. Remove from the oven to rest for at least 30 minutes. Despite your eagerness to pinch, let the bird rest in peace. Literally! That's what the neck is for. Grab your phone, take your best shot and brag about it to your friends and family. Carve the meat against the grain.

Allow the turkey to rest before carving. It's best to carve just slightly warm results.

Source: [www.chefandsteward.com](http://www.chefandsteward.com)

## Vegan? Try Cauliflower Stuffing



Serves: 6 Prep Time: 15 min Total Time: 30 min

Source: [www.delish.com](http://www.delish.com)

### Ingredients

- 4 tbsp. vegan butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. chopped mushrooms
- kosher salt
- Freshly ground black pepper
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh sage (or 1 tsp. ground sage)
- 1/2 c. vegetable broth

### Directions

- In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
- Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.
- Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.
- Serve.

## Dessert Anyone? Try Simple Baked Apples



Prep: 30 min Cook: 1 hour Servings: 3  
Calories per serving: 136

### Ingredients

- 6 apples - peeled, cored and sliced
- 3 tablespoons all-purpose flour
- 1/2 teaspoon each of: ground cinnamon & ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 cup each of: raisins, chopped walnuts, white sugar & whole milk

### Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish, or coat with non-stick cooking spray.
- Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves. Stir spice mixture into apples until evenly distributed. Fold in raisins and walnuts. Spoon into prepared dish. Pour milk evenly over apple mixture.
- Bake in preheated oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

Source: [www.allrecipes.com](http://www.allrecipes.com)

